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Breaking gender barriers

Comic book store owner is paving the way for geek girls everywhere

BY WENDY LARSEN

This is the first of a four-part series on geek and culture in Waterloo Region.

Surrounded by dozens of neatly organized shelves filled with comic books, Jennifer Duggan looks right at home.

As owner of Guelph's only comic book store, The Dragon, Duggan has proved herself as creating an environment where everyone is welcome and where everyone's opinion isn't just for boys after all.

The idea that girls are not interested in comic book shops is still a problem, and Duggan, who decided to open the shop after noting that most stores were "anything but female friendly."

"More women are apparently not going there, women that want to read comics and are into the culture," she said. "When we walk into a comic book store there's this weird stigma or perception that we're there today for somebody else."

Tired of the attitude, as well as being told what books store owners thought she should like, she knew she was a girl Duggan opened The Dragon in 2008.

Found just within the Old Quebec Street Shopping Mall at St. Wyndham St. N. in downtown Guelph, The Dragon packs itself as being a place, happily, for customers where every customer feels welcome.



GEEK GIRLS

"I really wanted to establish a place where women would feel there was somewhere they could shop and where they could just be themselves," she said.

Duggan establishing herself as a successful owner of a comic book store, Duggan said she's still that out spoken when she says other stores while male customers are greeted as soon as they walk in the door.

"While the comic book industry pays the majority of female readers at only two to three per cent. The Dragon is able to host a whopping 30 to 35 per cent of the customers are women, sometimes Jennifer said it must happen."

"It takes a lot for a girl to go to overcome the pressures of men, women and general geek society," she said. "They're pushed into a certain mold as for a girl to go to and not feel that it's great and we love seeing those people come in."

And the people are coming, along with the attitudes. At last year's San Diego Comic-Con, Duggan walked away with the 2010



PHOTO BY WENDY LARSEN

Comic book store owner Jennifer Duggan prides herself on creating an atmosphere that welcomes women as customers, something she said is lacking in the industry.

Will Eisner Spirit of Comics Award for the most honest in storytelling, an honour it shared with a recent book store in Montreal, Quebec. "Recognized as the 'Queen' of the comic book world, the

awards are named after comic book legend Will Eisner, an American comic writer and artist, who many consider to be the father of the graphic novel. With only 20 women would have been presented

with the title over the past 30 years. Duggan and she is especially proud to be the first store that was founded and run by a woman.

BY WENDY LARSEN

New CSI kiosk to open at Guelph campus

BY RESPONDER LARSEN

Students at Guelph's Guelph campus will soon be able to utilize some services provided by Constango Systems Inc.

The student union is planning to open a new kiosk which will allow students to print, fax, find housing and other services like that and Constango Systems Inc. president of CSI, as a result.

These services are available to Duggan and Waterloo students at their respective kiosks, but will be new for Guelph students.

The idea was discussed

at the Nov. 24 CSI board of directors meeting held at the CSI campus. The project was presented to cost approximately \$30,000.

"This is a great way to reach out to our students on the Waterloo campus," Byrne said. "It's not out of the box."

The station to illustrate a "geeky" device. The project will allow students to print, fax, find housing and other services like that and Constango Systems Inc. president of CSI, as a result.

As well as the technology they needed to create the new kiosk, some board members had asked for some writing similar to that in the line at the Duggan campus. The writing

was included on the initial budget and will be outside of the kiosk, filling the space around it.

Unfortunately for Guelph students, due to the fact that it is a new development, the kiosk will only be open on Tuesdays and Thursdays from 9:30 a.m. to 4:30 p.m.

Byrne said it will operate on a part-time basis this semester and then the kiosk will be re-evaluated.

Students of the Guelph campus pay a lower CSI fee (\$10) than students of some of the other campuses. For instance, students at Duggan pay \$125.

Still, they will get a small amount on their account. Jennifer Duggan, owner of CSI's board of directors, said there should be enough room in the new kiosk area to think about adding a small system and a stage for future shows and events. The area, where the kiosk will be, will be the same as the one that is now in CSI, but they hope that with the addition of the kiosk, they will be able to see the space differently in the way the community is used.

Board members hope the kiosk will bring more traffic into the area and they will be able

to use the space as their own for any future endeavors or events.

In addition to approving the opening of a Guelph kiosk at the November meeting, board members discussed other ways to utilize the space. This idea was to install CSI TV, a new idea that has yet to come to fruition that will notify students of upcoming events and new services available to them.

Though it is still in the beginning phase, the kiosk will not be a stopping point for CSI looking their services to be better understood.

Now deep thoughts ... with Conestoga College

Random questions answered by random students

What is the worst thing about hockey being back?



"Watching it a 1/2 the time on highlights instead of after games. Besides, Canada fought so much on hockey."

Michael Madon,
second-year
business - marketing

"A shorter season. Sidney Crosby back on TV"

Scott Macdonald,
second-year
business - marketing



"All the complaints that they're not going to watch it, and then they are."

Headlin Paul,
second-year
business and health
promotion



"People not talking up about it."

**Eric Villeneuve (also
known as Headlin),**
first-year
business/marketing and
journalism



"Probably the mass mode of people who are going to complain when their teams lose."

Mark Braden,
first-year
business/marketing and
journalism



"It's a tentative deal and there's not a full agreement. This can happen again whenever they want."

Jacobine English,
second-year
business/marketing and
journalism



(Send Conestoga, you could be our next respondent!)



PHOTO BY PAUL BORTONE

Robert Bortone, who is shown in his shop, The Wigs and Hair Studio in Cambridge, is an inspiration to many.

A man with a purpose

OF HIS WIGGINESS

In 1997 and a doctor in having the uncomfortable task of telling a 30-year-old boy that he has multiple sclerosis. To be told this at such a young age is devastating for most teens, but Robert Bortone was not your average teen. For him, it was just another day.

Inspiration to help him live over 600 people (fragments) in transit for months in Toronto, New York and New York, England, then say it all off with a run bike and roller blade, it Bortone's wife comes. Canada to help more money and treatment for MS.

It is The Wigs and Hair Studio in Cambridge, owned by now 40-year-old Bortone, still looking young and fit, and Bortone, has wife business partner and hair styling, or on his own across Canada that he began to describe how happy he is with where life's road has taken him. He has an excuse to look the way that life took him. In fact, he welcomes them and plays them out as they've grown to him each day.

"Life is fun, but if you let the bad overcome you then you'll have no room for the good," he said. "Remember you just have to laugh it off and live it up."

Looking at pictures of him as a teen though you would never guess that was the same person. At one point he was over 260 lbs, but, after his doctor said he should lose the weight to help cope with the MS there was no turning back.

Bortone doesn't believe in doing something if you're not going to give it your all. He not

only did he lose the weight he went on to bring and run down major milestones.

He then points to pictures on the wall of the Victory Tour across Canada and begins to describe how it was conceived in 2007. After publicly saying to Bortone one night, "We should run across Canada" by the following day she was busy laying the ground work, complete with police officers and media stops at every major city along the TransCanada highway.

"If you were 10 months of pregnancy in your life, where you're raising Canada to find as you are like or not, then this is the thing to do," Bortone said chuckling. "When being through Figure Five to F.V., where it took an hour to get up there it took an hour to get down the other side of it. In fact, I thought, I should probably slow down. But then I thought now, and just let it drop and let it fly (and think) if I crash, it will not be a bigger worry for the people."

"We can run like there's no tomorrow from us," said Bortone. "I took me a year to plan this thing over a 180 newspaper, radio and television stations on every major market, including Facebook, Twitter, and we did it all without any help from outside sources."

When some would have given up and accepted their life Bortone said, "no, I won't let this disease beat me down." Riding on the coast before waiting for MS to take over his body was not an option.

Then came determination and drive led Bortone to work the controversial "Lobotomy Treatment" which involves

opening up back some in patients suffering from MS, thus allowing blood to flow more freely to the brain which some people believe elevates some of the symptoms associated with the disease.

The therapy, which is \$120,000, is not funded by the Canadian government and so the Bortones travelled to Poland in 2010 to have the procedure done at their own expense with help from a couple of corporate sponsors and some fundraising events held prior to their departure.

"It all comes down to choice," said Bortone. "You can choose to accept your fate and let things happen to you, or you can be the master of your own destiny. If there is something out there that even something might help us then do it worth trying."

Bortone feels some of his symptoms have been lessened since leaving the treatment in 2010.

"My life has been great, the main thing I've loved this love, but this would have never happened if I didn't get that month with MS," he said of his life journey. "I like to think of it like this: When you're travelling down the road of life and everything is good you're going straight. When all of a sudden you hit a major problem in your life and now you have choices, you can go left or you can go right, which forces you down a different road. Now, something good happens to you, and you're all happy. But you would never have gotten to that happy place if that guy didn't hit that problem back down the road. That's what life is."

Struggling to survive - one day at a time

Homeless man never thought he would be in his situation

BY STEVE BOWMAN

This is the first of a three-part series examining the causes and consequences of homelessness in Waterloo Region.

At 50 years old, Mike looks like a man on the brink of giving up.

Emaciated by an untreated drug addiction, his clothing shodden has slipped forward, his head hanging like the withered leaf of a dying flower. His tired eyes are dark and red, one swollen, even as he speaks of the bouts of depression he battles on a daily basis.

"I would like to think I have a future beyond homelessness," says Mike, who prefers to keep his last name unidentical. "But when you're doing all you can to survive day in and day out, it's hard to look ahead."

But as lonely as Mike may feel, he is not alone.

James Watson, an spokesman of the Trinity United Church location of Waterloo Region's Out of the Cold program, says the number of people who used the overnight, homeless shelter in November and December increased by 50 per cent over the same period in 2011.

According to Watson, who keeps statistics for each of the program's nine sites, Out of the Cold has sheltered 1,321 people over the first two months this season. He says the number of people who have needed beds has risen steadily over the course of

Helter Shelter

OVER 1,300 PEOPLE ARE HOMELESS IN WATERLOO REGION

the program's 18-year existence, a trend he calls "endemic."

But while the site is open to support a need in homelessness, Lynn Macneil, housing services coordinator at Lakeshore, says it's a difficult de-mo-ni-stration to measure.

"The number of people who actually sleep outside in Kitchener-Waterloo is very, very small," she says, estimating it may be around 100 at any given time. "There's always that whole group which includes people who are couch surfing, people who have no private space or no permanent address, or people who are living in places not designated for human habitation or places which are not safe."

According to Macneil, the most majority of the homeless population is without shelter only temporarily. She says only 20 per cent of people who used emergency shelters at any point during 2012 returned to the shelter in the next year.

"Sometimes life events just happen to people," Macneil says. "There's a job loss, there's a death, there's a fire or a huge trauma, or victimization, and there's just the last piece that pushes people into homelessness."

For Mike, who was one of 50 people to spend the night at First United Church in

Waterloo on Nov. 2, the life event that sent him spending toward homelessness was quitting his job of 14 years with a local manufacturing company.

"I made the mistake of not fully grasping my job about three years ago and found out it's harder to get a job now than it used to be," says Mike, who managed to find occasional work with a temp agency but couldn't maintain a consistent income. "I never even thought I'd be in this situation. Even when I recently quit my job and started looking to stay with other people, I figured sooner or later I'd find a permanent job."

"I really did not, until the first two or three nights on the street, when I knew I was literally homeless." Macneil says that while there are a multitude of reasons for homelessness, it often comes down to the simple matter of money.

"If you're spending 50 per cent of your income on housing, there are very good chances that your pocket just isn't going to get behind me next and you're going to get evicted. If you have no support, you end up on the street as living out of shelter."

According to the most recent census data, the average cost of a home in Waterloo Region was \$237,513 and the average rent for a one bedroom apart-

ment was \$797.

The current monthly shelter allowances from Ontario Works for a single person is \$376.

Add to that the region's massive vacancy rate of 1.7 per cent, and it's no wonder people like Mike are unable to find adequate housing within their budget.

While Mike says he doesn't entirely blame the government for his homelessness, he doesn't think its programs do enough to help people in his situation.

"Unless you go looking for resources, you wouldn't know they're there," he says. "There doesn't seem to be a lot of OWS [Ontario Works] people who make it find you get more help at the temp bureau and the other outreach programs than you get from social agencies."

And while the government has tried to help Mike find places to remain, he says even the past three years he says he would make systems homeless that live in the cramped conditions government support would afford him — accommodations large enough for a hot tub, a single microwave and little else.

"When this house is empty, I know they tried to get me rooms. I wouldn't live in them if they paid me extra money," he says with a shake of his head. "Just because they have land and resources doesn't mean I should have to live like a rat."

Macneil says the problem of getting people with limited income into affordable hous-

ing is two-pronged.

"Completely blaming social policy, I think, is a bit misguided," she says. "But at the same time, the other extreme that says, 'The reason you're homeless and your poor is because you can't pull yourself up by the bootstraps and get it together,' is also false. The reality is a combination of the two."

And while Mike and dozens of others have come to appreciate programs such as Out of the Cold, Macneil says they are merely a Band-Aid solution to the social wound that is homelessness.

"You can spend dollars one of two ways," she says. "One is to keep the homeless people more comfortable, the other is to try and move them from homelessness to housing."

"We have decided, as a region, that we really want to move people from homelessness to housing. We see that as a much better, long-term, more humane, more dignified solution."

As for Mike, he says he is grateful for the program and would be sleeping on the streets all of his life if not.

"At least you know there's a place you can go to sleep and get a decent meal," he says. "It's probably the biggest thing I looked forward to this past winter."

Next week looks ahead to the region and surrounding areas' Waterloo Region's homeless population on a daily basis.



PHOTO BY STEVE BOWMAN

People live at outside the St. Louis Roman Catholic location of Waterloo Region's Out of the Cold program on Jan. 6.

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Region of Waterloo

Let's GROW

Issue on January 21, 2013

Amendment is
stuck in the past

[illegible]

"Right to bear arms." These four words cause more controversy with every passing year since their initial inscription on the United States Bill of Rights in 1791 – and 2013 was no exception.

When Adam Lanza killed 20 children and six adults at Sandy Hook Elementary School in Newtown, Conn. in December, he first people around the world were tuning in the importance and relevance of the Second Amendment, including the President.

Following the tragedy, President Barack Obama assigned Vice President Joe Biden to the task of reassessing the United States' gun-control policy and strategy.

Asks from the agencies need to have a more stringent screening process for individuals seeking gun ownership (including comprehensive background and health checks that have already been proposed by Illinois); the White House should also look into bringing the same strict controls to State capitals.

In 1994, nonlethal killing species were simply not a legitimate concern. At the time, guns were free for sale; wound up in 13 the end had to be notified with a permit before they could send bullets into the air; then, if they didn't have the permit, they were not to be used, not personal weapons. If this were the case today, the term "lethal shooting" wouldn't even exist, let alone require a page on Wikipedia to explain in detail its nonlethal implications.

Regardless of whether or not grass is truly necessary for well-being, it must be understood that the times have changed. Grass is more portable, considerable and fast. In my much more rapidly than the 1980's standard of three or four times per week (if you mean a full season.)

The White House won't be taking White Out to the courts anytime soon, and underestimates us - The National Rifle Association is a thirty organization that stands to their beloved constitutional and gets up in arms when anyone seeks to infringe on it - but by slowly changing the definition of arms and who has the right to have them, we could have less about young children being shot and more about how people are upset that they can't purchase their rifles at Wal-Mart anymore -
- *Scott, Florida*

The values between brackets represent the positions of the remapping map, and accordingly the position.

Table 1

Spoke witnesses letters to the editor. Letters should be signed and include the name and telephone number of the writer. Letters will be contacted and the publication.

Top management letters will be published

Abstract **Background:** The purpose of this study was to determine the prevalence of self-reported depression and anxiety among a sample of young adults in the United States. **Methods:** Data were obtained from the 2007 National Survey of Adolescent Health, a nationally representative survey of adolescents and young adults. **Results:** The prevalence of self-reported depression was 12.5% and the prevalence of self-reported anxiety was 15.8%. **Conclusions:** The prevalence of self-reported depression and anxiety among young adults in the United States is high. **Keywords:** Depression, Anxiety, Prevalence, Young Adults.

any further
the publication.
Email letters to
www.spokenword.com
with the subject line



~~XXXXXXXXXXXX XXXX XXXX XXXX XXXX~~

Distractions have become the norm in our society

Like most people, I shop, but sometimes shopping makes me a little nervous. Walking down mall corridors, bright neon signs catch my eye and advertisements mirroring Disney's new trends are displayed behind every glass window.

I walk into a store and there are different coloured sections of clothing in every room and shelves lined with all kinds of shoes in your choice.

Everything is demanding my attention and I don't know where to look first. It can be hard to focus and multitask.

Advertisements are everywhere. From inside your home to outside on the streets while walking for the bus.

There's always something new. The cycle never stops. There's always a constant demand for corporations to compete with other brands or even compete with their own products. Whether it's a newer and better iPhone, Mac or iPad, consumers will then have to decide if they want it.



over and over time, people may want to upgrade their guitars to a new brand or

April 11 (Friday), 8 days before
Lunar first day of the 1st lunar
month, beginning
of the lunar year. I have not
seen it before.

The Internet has made everything easier, from looking up a phone number or address, to communicating with people anywhere around the world.

But the Internet can also be a huge distraction. From Facebook to YouTube videos swirling to what most of us do for leisure (the Internet),

But today's economy, which doesn't have nearly as high a birth rate, may give

William I was thirty years old
 when he became King of England

Now, children can play French-Italian games on an off-line app. It used to be if children were bored, they could play in the park or make up a imaginary world. Now it's Facebook or Twitter games, games.

In the company of friends, at least one person will play games on her phone or update her Facebook status, but no one is likely to be on a laptop — it's become a common sight of last resorts.

👉 Everything is demanding my attention and I don't know where to look first. 🙄

We're becoming so distracted with all the new technology and hype that we forget what life was like without it. We sometimes forget to appreciate the little things we have in life—a clear sign, that, we have too much.

SPOKE

THE PUBLISHED AND UNPUBLISHED WORKS OF THE FOUNDING FATHERS OF AMERICAN POLITICAL THOUGHT

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Woman shares her eating disorder story

BY JESSICA LARSEN

A lot of truth about today's generation of women is that it would be difficult to find one who has never been insecure about her weight or body image. While many according to a study by Statistics Canada, the number of females who have a negative body image are between the ages of 11 and 19. But as National Eating Disorders Awareness Week approaches (Feb. 2-9), those are brave survivors who feel compelled to share their stories about this potentially deadly mental health issue.

Nicole Larsen, 36, manager, corporate accounts services and food is in her duty to help other women find the strength to do so as well.

Larsen, who is a 28 year old manager at a retail store in Waterloo, was blessed with athletic talent when she was in middle school. She was an oval basketball and soccer player and played on both teams at her hometown of Thornhill, Ont. While her parents were supportive of her passion for sports, Larsen says they never put pressure on her to stay in shape. Her father, the coach of the local football team, was especially hard on her.

"I knew at the time that he just wanted me to do it to the best of my ability, but he would always make little comments, like when I would not push hard," Larsen said.

At the age of 14, Larsen weighed 120 lbs. and started to feel like she needed to lose weight.

"I was starting to grow into my natural curves and take on a more feminine shape," she said.

"But when I was seeing in the mirror wasn't pretty to me." She began reducing her intake intake by giving away the majority of her lunches at school, eating only the fruits and vegetables that her mother prepared. At dinner time, she would eat very little and fill up on water.

Larsen's mother, a restaurant owner at the time, wasn't home often and didn't have a close relationship with her daughter.

"My parents never cooked at this point," she said.

By the time Larsen was 16, she was down to a fragile 80 lbs. and still felt like she wasn't thin enough. People around her were beginning to notice her frail appearance and some even questioned her ability to lift. When she lost half her weight, it was, she felt,



Photo by Jessica Larsen

Nicole Larsen, a representative at the Dean campus of Georgeville College is always ready and willing to help students with their personal and professional lives including eating disorders.

vicious when people would comment on her weight.

"This behavior led to even things, but the only time I actually felt good about myself was when people would come up to me and tell me how skinny I was," she said.

The breaking point came when her mother started finally becoming concerned with her great appearance and called her parents. They arranged a meeting and tried their hardest to open her to see a counselor for her eating disorder.

"When my mother found my parents' responses to the situation, they were stunned," she said.

"My mom cried and kept telling me how sorry she was for not realizing that I was quite literally this and home."

Larsen started seeing a doctor and a psychologist and was diagnosed with anorexia nervosa.

She went to support groups with other teen girls who were trying to find stable relationships with not only food, but with their body image as well.

"There is a lot of shame around eating disorders because it's a mental health issue and it's such a personal problem," she said.

"But girls need to know that there is a way to get out of the problem with a healthier outlook on everything."

She is now able to tell her story and helps new women find the way out.

"We've got to stick together as this because only we know what it feels like to be women." Anyone on campus who is eating disorder or who is interested about her body image should make an appointment to see a counselor or Counseling Services located on the 1st floor at the Dean campus.

New year brings new trends

BY BARR HANSEN

The first of January marks a fresh, new calendar, and for some, a new wardrobe to match.

Less than a month into the new year, shopping malls are almost as hectic as the pre-holiday shopping season as people see in search of the trendiest clothes.

Many stores are still offering Boxing Day sales on merchandise leftover from 2011, which, as Waterloo resident Daniela MacIsaac said, gave people a good reason to go back to the mall as soon as after Christmas.

"It's a good time to shop, because you can still get the same merchandise as last

that you could during the height of Boxing Day season," she said.

She also noted that the trends to be looking for in 2012?

Jessica Mennon, 21-year-old fashion design student from Waterloo University, said ruffles are the No. 1 trend to watch for.

"Towards the end of the winter season, ruffles are going to be all the rage," she said. "Tulle neckties and flared skirts will be everywhere."

Also topping the list are trending items, such as black and white, shaggy prints, and even the top-of-the-line, according to Mennon.

"Prints are already a huge

hit," she said, "but combining them as an outfit, like wearing stripes and floral, will be the new challenge for trendsetters. Designers will try to make each other as the run way and the public will try and copy that eccentric style."

MacIsaac, a 19-year-old daughter and self-proclaimed fashionista, Larsen, said that one of the best times to start looking for upcoming trends.

"All the stores are starting for the beginning of the year," she said.

"They have brand new designs and different styles and colors. If you want to get a head start on the pop like clothes for this year, now is the time to start knowing."



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Changing all the rules

■ CONTINUED FROM PAGE 1

Any Chop started working at The Dragon about 12 years ago and is currently the store's manager.

Over the past decade, Any said she has developed a strong relationship with the customers and products on the store, something she takes great pride in. Sharing Jennifer's passion for the business, Any and the upper team Jennifer's high standards when it comes to the quality of work she demands of her staff and herself.

"My first impression of Jennifer was that I had found a manager I could look up to in the comic book world," she said. She has a lot of traits that I strive to find in myself, she looks models and dolls in the store to business that drives us there."

Jennifer met her husband Robert at the Hyatt hotel bar at San Diego Comic-Con in July 2008. The bar had turned into a meeting place for Canadians during the convention and mutual friend Kevin Hood, owner of the Silver Book Lounge in Toronto, introduced the two.

"She breaks moulds and defies clichés in a business that thrives on them."

— Amy Chop

Robert and the store own a lot of its success to great customers as well as a great leader who has achieved a fun, family friendly and job-intensive space for all of the city's various communities.

"I'm very proud of Jennifer," he said. "It takes a very special person to achieve all of that, along with a great support network of friends and staff. We take a lot of pride in making The Dragon the best it can be."

Despite being somewhat devoted to their very recent involving the family business, Robert and his wife have no an ambition.

"I have no person who cannot dedicated to make harder," he said. "Jennifer plays at many levels that she is passionate about, all with a big and successful running our business. It is my duty to love her."

Even with women becoming more involved in geek culture, Jennifer and the comic book industry still has a long way to go.

At a panel featuring the creators of AMC TV show The Walking Dead at San Diego Comic-Con, the attendees were asked what kind of members they wanted to see. After one store owner mentioned a need for more T-shirts in women's sizes, Jennifer's interest was piqued only to be disappointed by his additional suggestion of more women-friendly designs such as "I heart boobies."

"It was ridiculous. Women like boobies. They want a shirt with pigs and pigs on it," she said.

That is the type of internet typing Jennifer said she wants to stop.

"There's this weird stigma that women are into very specific things and they should only go in that one direction," she said. "I want my store to be a place where every person who walks through the door is a customer, no matter their age or their gender. None of that matters."

For more information on The Dragon, visit www.thedragonweb.com.



PHOTO BY MICHAEL SHERMAN

Jennifer Robert, owner of The Dragon, was awarded the 2010 Will Eisner Spirit of Comics Retailer Award, an honour it shared with a comic book store in Madrid, Spain.



Over 35,000 titles like the shelves at The Dragon comic book store in San Diego.



Known for its bright, clean and organized environment, The Dragon offers products for many different collections and hobbies.

THE DRAGON'S TOP 20 COMICS OF 2010

1. The Walking Dead Vol. 1
2. The Walking Dead, Vol. 15
3. The Walking Dead, Vol. 17
4. Adventure Time Vol. 1
5. The Walking Dead Vol. 2
6. Saga Vol. 1
7. Ironman: War of Wills
8. Marvel Vol. 5
9. Avatar: The Last Airbender: The Phoenix Isd. 1
10. The Walking Dead: Companion Vol. 1



A Gayath couple takes advantage of a snowy winter day to skate hand-in-hand at the Harbor Square outdoor rink.

A father helps his son practice his skating techniques at the outdoor rink in Gayath.

SNOWY SKATING

PHOTOS BY LINDSAY TESSIER



The outdoor skating rink opened for seasonal operation on Dec. 8, and weather permitting, will be open for the duration of winter from 10 a.m. to 10 p.m. each day.

FREE FUN FOR THE NEW YEAR



PHOTO BY KATHY HILMAN

"Hana Kroydel" spent the day of the Waterloo Mayor's New Year's Luncheon at RIM Park posing the faces of children. Many kids, left happy (inset) Diego Torres also became Spider-Man, Jan. 8. The local annual event featured live food, live music, skating and other activities. The City of Waterloo also celebrated the launch of its new website.

Career and Employment Resources

CareerInsight Workshop

January 16: 11 am - 12 pm, Doors 26-111
January 17: 12 - 1 pm, Doors 26-111
January 18: 11 am - 12 pm, Doors 26-111
January 19: 12 - 1 pm, Cambridge A2124

CareerInsight is your one-stop guide to career planning. Everything you need to plan your career and learning is here. Registration is required via MyCareer.

CareerFit Workshop

January 15 & 22: 8:30 - 8 pm, Doors 26-111

CareerFit is a fun, fast-paced workshop that integrates multi-media presentations, interactive exercises, hands-on activities, career assessment tools and career exploration tools. This event is the first of many in the series. Registration is required via MyCareer.

Please note: This is not a resume and/or job search workshop. Registration is required via MyCareer.

Degree & Graduate Studies Fair

January 21, 21:30 - 2:30 pm, Doors 26-111

30 colleges and universities in attendance. No registration required.

University Planning Workshop

January 24: 12 - 1 pm, Doors 26-111
January 25: 11 am - 12 pm, Doors 26-111
January 26: 12 - 1 pm, Cambridge A2124

Do you have a career goal that includes going to university after college? Because it's almost time to choose!
Registration is required via MyCareer.

Resume, Cover Letter & Job Fair Success Workshop

January 22: 2:30 - 4 pm, Doors 26-111
January 23: 2:30 - 4 pm, Cambridge A2124
January 24: 2:30 - 4 pm, Doors 26-111

Get Ready for Job Fair 2013 at RIM Park on January 8. Registration is required via MyCareer.

Walk safe in your city

BY KEILA HANSEN/STAFF

Slipping and falling on hot days are not the only danger winter brings — shortened daylight hours can also make for a cautious walk home.

Familiar walking routes from school or work are well lit at 5 p.m. in late summer to early autumn, but can become awkward when the sun sets around 5 p.m. in the winter.

"The feeling of compromised safety and vulnerability is felt mostly by females."

"I don't like walking alone at night — it's my last option if there's absolutely no one to walk me home. I do walk home from school every day, but it's light out and at least there are people I kind of know," said 19-year-old Maddison Brown, chair of the YWCA Cambridge Girls Council.

"In the dark you can't see properly if someone behind you."

On Dec. 8, the YWCA Cambridge Girls Council went on a safety walk from the downtown Oak area.



PHOTO BY KEILA HANSEN/STAFF

One way to ensure your safety while walking at night is to walk with friends along public streets that are well lit.

The tour started at the Girls' Centre, went to the Austin Street Terminal and around to city hall.

"There were some spots along the safety walk that the girls felt safer."

Brown said she felt comfortable walking the well-lit city hall area because it was well lit.

to good lighting there were mostly seniors and a good safety.

There were also places where the girls said they would feel very uncomfortable walking alone at night, such as the Cambridge Farmers' Market parking lot or the lot behind the Girls' Centre building, even walking down the main street.

"Even though we were in a big group of people and we had adults present it was still uncomfortable because we still had people walking at night," Brown said.

Tom Barker, executive director of YWCA Cambridge, said the girls around the downtown area and explained some factors in what decisions a safe place.

"It's about looking at the physical space, if there's a park, if there's transportation around, if it's well lit, if there are any places that people could be hiding, or others."

Barker said the most important thing to remember is to be aware of your surroundings. This should be practiced regardless of gender.

Phil Minkley, a Cambridge resident, said he enjoys walking at night, but always pays attention and is aware of what is around him.

"It's a joy the most thing to be concerned about is if someone was going to jump from and steal his money," he said. "Generally speaking guys are more physical and girls are more concerned — in terms of being in danger I can understand why they would be scared."

Although men generally feel less threatened walking alone at night, there is still concern for all genders and an emphasis on being aware of personal safety.

For the downtown campus, Cambridge College's university district area, provides Walk Safe to help students feel safer around campus at night. It is available at Doors 1 and 2 from 8:30 p.m. to 10:45 p.m., from September to April, including holidays.

More information on Walk Safe can be found online at www.ywca.ca/walksafe or by calling 508-748-5220, ext. 1050, or by visiting Room 2100-6 across from the library at the main campus.

Do you have an education under your belt, but about ending your practical experience to those programs and ready to start what I have to do the last of the career market when you graduate? Talk to our recruitment specialists who can guide you to our graduate programs that get you real results.

We're on Campus Conestoga College Degree and Graduate Studies Fair

Monday, January 21st, 2013
Downtown Campus, Student Life Centre
10 am to 1 pm

www.conestoga.ca/graduate
905-735-2331 ext 7784

Niagara College Canada

Please give.

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The cold truth about winter tires

BY DARRIN MULLAGH

"Winter has arrived in full force, and according to the Weather Network, "Conditions are in the a more typical winter than you."

With last winter's lack of snow, people may have been given a false sense of security when it comes to preparing their cars for the winter season. But, with a handful of heavy snowfalls over the past couple of weeks, the all-season versus winter tire debate has been revived.

According to a February 2002 study by the Traffic Injury Research Foundation, titled *Winter Tires: A Review of Research on Efficacy and Use*, "In a testing area where 30 inches is a full stop, the car with winter tires took 11 seconds to stop whereas the car with all-season tires took 27.5 seconds."

Statistically similar to this one also shows the efficacy of winter tires. But having a new set of winter tires can be costly.

So it's possible — and safe — to keep these alternatives at thought

out the winter months?

"If people can't afford winter tires, all-season tires will be OK as long as they are careful in winter conditions and drive their cars," said mechanic, Martin Rosenbaum.

"Tires with winter treads, it doesn't mean you won't slip and slide anywhere," he stated.

The difference between all-season tires and winter tires is the compound making up the tire. According to mechanical shop owner, Robert Hedges of Cambridge, because winter tires may suffer in colder temperatures, they have a better grip than all-season.

For this reason, Hedges, along with several European countries, have made winter tires mandatory.

The benefits of winter tires are undeniable: a better grip in slippery conditions, a decreased time to come to a complete stop, and tires that wear less quickly in winter than all-season tires.

But if you can't afford winter tires, Hedges believes people should just drive with caution.



PHOTO BY DARRIN MULLAGH
All-season mechanics, Robert Hedges of Cambridge, winterizes his car in his garage on Jan. 8.

"Winter tires are important," said Hedges. "But if you can't afford them, drive to the limit."

conditions."

"It also depends where you live," he added. "If you live in a

country where there would be a better option, but all-season tires are adequate for city roads."

Drive safe this winter

BY KIMBERLY HEBLEY

With winter here that means snow, ice and slush will be making the roads slippery and harder to drive on. Learning how to drive safely in winter is an important lesson you deserve not only drivers but the other drivers on the roads too.

According to what you've read, there are three things you need to know about winter driving. One is to stay alert because so many conditions can quickly change, putting more demands on your driving skills and vehicle. Secondly, slow down. Driving according to the weather conditions is one of the most important things you can do. Lastly, stay in control by making sure you know how to properly handle your vehicle in all weather conditions.

Typically, controlling your vehicle in all the different in whether or not you find into the middle of an intersection or four-way stop. When approaching a red light or stop sign, looking further than you normally would is always a good idea.

If the road is too slippery and you go into a skid, you need to remain centered in your vehicle as soon as possible. Once you're in the skid, steering into the direction of the skid can help stop you. To accomplish this you'll suppose to look where you want the vehicle to go and steer that way. If you're being rear-ended, do not over steer.

It is also recommended that you carry a winter survival kit because it can mean the difference between life and death, especially in areas where you're stranded in a remote location. Some things to include in the kit are: an air compressor to inflate a flat, a small fire bling alcohol, matches, an road call kit, a car jack, a tape or chain for towing, booster cables, a cell-phone charger, road flares or warning lights, gas canisters, LED flashlights and batteries — first aid kit is first responder, a small tool kit, extra winter weather clothes and the winter, a couple of extra tires, a battery jump kit, matches, supplies and non-perishable energy foods, such as granola bars, bottles of water, gas hoses and snow chains.

Christina Tolotta, a former York Region Transit driver, said, "You have to make sure all your windows and mirrors are clear of snow and ice before you go anywhere. In the winter, having maximum visibility is important."

Tolotta also said to slow down and look at the traffic first to further ahead.

"We do, should, other drivers give you a hand. They should go on around you and speed ahead, if you're not using the speed limit, even in the winter. But that's not how because of how slippery roads get in the winter," she said. "Let them go ahead, as a rule to go slow and take your time going to your destination. It's better to arrive late than not at all."

Tarantino strikes again

BY AMITH MULLAGH

Quentin Tarantino is a legend for the writing and directing of films with unique and extremely gory scenes. His most recent film, *Die Hard: Under Siege*, released in theaters Dec. 10, is no different. With *Die Hard* and *Reservoir Dogs* are his most successful films but now new looking at scenes from his competition.

Die Hard: Under Siege is a spaghetti western set in the post-World War era in the south and is based on the hit American slavery film *Unforgotten*. It is one of his most violent movies to date but Tarantino's blood bath accurately depicts what black people suffered through.

The film is about a freed slave, Django (Christoph Waltz), who works under a wealthy hunter (Kurt Russell) in tracking down criminals (after becoming a bounty hunter in his own right) and getting revenge on slave owners. Django wants to rescue his wife (Gena Rowlands) from a slave plantation owner (Cuba Gooding Jr.).

Unforgotten De Riva (Denzel Washington) and Django (Kurt Russell) are sent to find her. Almost getting killed several times in the process in true Tarantino style. The reason for the film is a perfect blend of suspense as you watch the tale of Django's journey.

From driving a stolen car to shooting, showing the style

Movie Review



since why he was chosen to be the lead. It is his last release he played the same Ray Charles in *Ray* back in 2004. Walter's performance is just as brilliant as it was in *Unforgotten*. He has proven himself worthy of becoming one of Tarantino's regulars along with *Die Hard* and *Reservoir Dogs*, who also stars in the film as the degradable house slave, Stephen. It goes without saying that *Die Hard* is Tarantino as well. All four actors make the film as well as it can get.

As for the directing and the behind the scenes work, unapologetic Tarantino and the crew captured the time period remarkably well. The costumes, music, acting, plot, and dialogue (and it's able to say everything about the film).

One word of warning, however. The "R" rated in under 18 years on the film rating controversy. As uncomfortable as it is to hear it said erroneously, it is realistic. Tarantino's *Unforgotten* when it comes to his material is unapologetic.

With a new director Spike Lee returned the film on Tarantino's way. "American slavery was not a Django

Leon Spaghetti western. It was a ballet. My scene was an dance. *Unforgotten* is a dance. I will change them." Despite the negative feedback, *Unforgotten* was one of the most successful movies in the year.

As of Jan. 8, the film was estimated to have costed \$100 million at the box office and is on track to become Tarantino's highest-grossing film. It earned \$100 million opening weekend and the No. 1 spot after *The Hobbit: An Unexpected Journey*.

Given nominations for *Unforgotten* have yet to be released but it looks as though it has a fighting chance at making up awards, including one for Tarantino, who has a list of three stars. I give this film a 5 stars out of five.



PHOTO BY DARRIN MULLAGH

Django Under Siege is up for best picture of the Oscars.

Stay fit and have fun this chilly season

BY SHARON KERRICK

After the holidays, most of us feel the effects of too many turkey dinners and glasses of eggnog.

A Dec. 22, 2011, CTV article said that, on average, people gain between one and five pounds during the holiday season.

Going to the gym and keeping on a treadmill is an easy solution, but for a more fun workout you can visit many places around S.W. and enjoy inexpensive winter activities.

Biking is a great group activity and is also a good cardio workout. During good weather conditions visiting an outdoor path such as the one in front of Waterbury City Hall is great. It is free and has a heated locker room to keep you warm. A schedule for free guided starting to classes can be found at www.bikehouse.ca. Public skating for adults generally costs \$5 per person.

Want to avoid the burn as you pass time from hitting the gym, visit Leisure Centre (Conservation Area in Waterbury) for the cross-country skiing and snowshoeing. Leisure Centre is open on Mondays between 9 a.m. and 4 p.m. and on weeks ends from 9 a.m. to 5:30 p.m. Adult admission is \$5.99. Need to rent the equipment?

They charge \$15, and suggest you call a day ahead if visiting on weekends.

If you have a small for special, Chococo Yule Park is the place for you. If you purchase your pass on Tuesdays before 4:00 p.m. and Saturdays between 9 and 5 p.m. the Yule Park offers a student deal of \$10 for those hours of pass, but for an extra \$10 you can skip the snow globe walk and march up the hill. It will make the ride down even more enjoyable and keep you warm on a cold night.

On the other side of Chococo you can also buy a pass to visit an snowboard. For a full day pass it costs \$40 with your own equipment. They also offer lessons and insurance passes for less money. You can visit www.dreamsnowboards.com for more on rentals.

Chococo also offers Winter Day Child Day golf courses. Harvesting metal discs at a standing unit to get points. This can be a group activity or be done as a single person sport. It costs \$7.00 for a full day pass and you can also rent discs for \$5.

If your family are in the red from Christmas try looking in your garage for a sled or Snow Carpet. You can visit any mall with a group of friends with the plan to do a good work-



PHOTO BY GARY BROWN.

A skater zooms around the Market Square rink, enjoying some post-holiday winter fun in downtown Guelph on Dec. 27. The rink, which was unveiled last year, is open from 10 a.m. until 10 p.m. daily.

out. On www.bikehouse.ca it says that an average person burns over 200 calories per

hour of tobogganing.

All of these activities can help get your back a little lighter and

your pants a little looser while giving you hours of fun during the most magical of all seasons.

STUDENT LIFE

PRESENTS THE

GET INVOLVED FAIR

CAMBRIDGE

MONDAY
JAN. 17TH
11:00 - 1:00 pm
CAFETERIA

WATERLOO

MONDAY
JAN. 17TH
11:00 - 1:00 pm
A-B CORRIDOR

GUELPH

TUESDAY
JAN. 18TH
11:00 - 1:00 pm
CAFETERIA

DOON

WED. & THURS.
JAN. 19 & 20TH
10:00 - 1:00 pm
STUDENT LIFE
CENTRE
(WED & THURS.)
(EWING) (THURS.)

WHY YOU SHOULD ATTEND

SHARE YOUR SKILLS
WITH OTHERS &
GAIN NEW ONES

HELP CHARITIES,
NON PROFITS,
& COLLEGE
SERVICES,
OTHER COMMUNITY
ORGANIZATIONS

ENHANCE
YOUR RESUME.
MAKE IMPORTANT
NETWORKING CONTACTS
& BUILD ON YOUR
PROFESSIONAL
PORTFOLIO

FIND OUT
WHO WILL
BE AT THE
FAIR ONLINE



Student Life
Support your involvement

FROST WEEK

JAN. 14 - JAN. 17
— SANCTUARY —

MONDAY

JANUARY 14



MOVIE
marathon

WIN PRIZES
ALL DAY

TUESDAY

JANUARY 15

COMEDY NOONER *featuring:*



Dom Puccio



Emma O'Rourke



Graham O'Rourke

WEDNESDAY

JANUARY 16

DEN**DAY**

enter to win a

X-BOX

LOCATED
ABOVE
THE SANCTUARY

den

THURSDAY

JANUARY 17

FREE PANCAKE
breakfast

